

WITR SALAAT

The salaah is wajib (compulsory). It consists of 3 rakaat with one salaam. Surah Fatiha and a Sura are recited in all Rakaats.

The Thana is not recited when one has stood up for the 3rd rakaat.

After reciting the sura in the 3rd rakaat, the hands should be raised upto the ears saying "Allahu Akbar", then the hands should be folded on the waist and then the Qunoot recited, in a standing position before the rukn. The Qunoot is not recited in any salaah besides the Witr. Qunoot means Dua (supplication) as is as follows.

اللَّهُمَّ إِنَّا نَسْتَغْفِرُكَ وَنَسْتَغْفِرُكَ وَنُؤْمِنُ بِكَ وَنَتَوَكَّلُ عَلَيْكَ
وَنُشْنِي عَلَيْكَ الْخَيْرَ وَنَشْكُرُكَ وَلَا نَكْفُرُكَ وَنَخْلَعُ وَنَتْرُكُ
مَنْ يَفْجُرُكَ اللَّهُمَّ إِنَّا لَنَعْبُدُكَ وَنَسْجُدُ وَنُحِبُّكَ
نَسْئِلُكَ وَنَخْشِيكَ وَنَرْجُو رَحْمَتَكَ وَنَخْشِي عَذَابَكَ إِنَّ
عَذَابَكَ بِالْكَفَّارِ مُلْحِقٌ

Allahumma inna nasta inuka wa nastaghfiruka wa natubu allayuka wa mu'minu bi ka wa natawakkalu alayka, wa nuthni alayka l khayra. Wa nashkuruka wa la nakfuruka, wa nakhlau wa natruku may yafjuruka. Allahumma, iyyaka na budu, wa laka nusalli wa nasjudu wa ilayka nasa wa nahfidu, wa narju rahmataka wa nakhsha adhabaka, inna adhabaka bil kuffari mulhiq.

"Allaah we pray to You for help, for forgiveness, and we turn to You in repentance. We believe in You and we have put trust in You. We praise You for the good You have bestowed on us, and we are grateful to You and not ungrateful to You. We abandon him who commits unlawful acts. Allaah, You alone do we worship, for You alone do we perform salaah, for You alone do we make sijda, to You alone is directed our spiritual endeavour, and to You alone we make devotional acts; we hope for Your mercy and we fear Your punishment, surely Your punishment will be meted out to the infidels."

QAUMAH AND JALSA

It is Waajib to remain in Qaumah (the standing posture after Ruku before going into Sajda) and Jalsa (the sitting posture between the two Sajdas) for the duration of one Tasbeeh. (Durul Mukhtar V. 1 pg. 433)
It is reported by Bara' (R.A.) that the Ruku, Sajda, Qaumah and Jalsa of Rasulullaah (Sallallahu Alayhi Wasallam) were all of approximately the same duration. (Bukhari V. 1 pg. 110)

DUAS TO BE RECITED IN QAUMAH

سَمِعَ اللَّهُ لِمَنْ حَمَدَهُ ، اللَّهُمَّ رَبَّنَا لَكَ الْحَمْدُ مِلَأُ
السَّمَوَاتِ وَالْأَرْضِ وَمِثْلَ مَا بَيْنَهُمَا مِنْ شَيْءٍ بَعْدُ

(Allaah has heard the one who has praised Him, Our Sustainer, for You is all praise full of the heavens and earth and whatever is between them and whatever pleases You beyond that) (Tirmidhi V.2 pg 180)

OR

رَبَّنَا وَلَكَ الْحَمْدُ حَمْدًا كَثِيرًا طَيِّبًا مُبَارَكًا فِيهِ

(Our Sustainer, for You is all praise in abundance, excellent and blessed) (Bukhari V.1 pg 110)

DUA TO BE RECITED IN JALSA

اللَّهُمَّ اغْفِرْ لِي وَارْحَمْنِي وَعَافِنِي وَاهْدِنِي وَارْزُقْنِي

(O Allaah forgive me, have mercy on me, grant me peace, guide me and grant me sustenance) (Abu Dawood V.1 pg 123)

It is masnoon (Sunnah) to recite these duas in the Sunnah and nafl Salaah.
(Shu'abi V.1 pg. 435) These could also be recited in the Farz Salaah.
(see Tirmidhi V.2 pg 180)